



American Red Cross Lifeguard Training Course

May 1, 2, 8 & 9 (6:00 pm - 9:00 pm)

May 3, 4, 10 & 11 (9:00 am - 5:00 pm)

- Where:** C.W. Clarke Pool in Shandon (18 miles east of Paso Robles off Highway 46)
- Cost:** \$195 (Includes in-water training, class materials and pocket mask)
- Age:** Minimum age is 15 years (by course completion date)
- Prerequisites:**
- * Swim 500 yards continuously, using front crawl with rhythmic breathing and stabilizing propelled kick and breaststroke
 - * Surface dive to 7–10 feet, retrieve a 10 lb object to the surface and swim back to your starting point with your head above water.

After completion of this course you will be certified by the American Red Cross in Lifeguard Training, C.P.R. for the Professional Rescuer and Title 22 Emergency Response/First Aid. You will also be eligible to apply for a Lifeguarding position with San Luis Obispo County Parks. Starting pay is \$9.26 per hour. Visa/MC/Discover accepted.

To download a registration form or for more information visit www.slocountyparks.org or call 781-5930.

